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From the God's Love Kitchen: Braised Beef with Cherries

(Serves 4)

- 2 tablespoons all-purpose flour
- 1 pound beef stew meat, cut into 2-inch cubes
- ¼ cup olive oil
- 1 cup red wine
- 1 cup dried cherries, unsweetened
- 3 cups beef stock, homemade or low sodium canned
- 2 bay leaves
- 2 sprigs thyme
- 1 large onion, peeled and chopped
- 4 cloves garlic, peeled and chopped
- 2 teaspoons kosher salt
- 1 teaspoon ground black pepper

1. Mix flour, salt, and pepper
2. Place pot over medium-high heat, toss beef in seasoned flour. Pat off any excess flour.
3. Add oil to pan. Working in batches, brown beef on all sides. Set beef aside.
4. Add onions to pan, season with pinch salt and sauté for 3 minutes. Add garlic and stir.
5. Deglaze with red wine and reduce by half. Add stock, beef, cherries, bay leaves, and thyme. Bring to a boil, reduce to a simmer and cover.
6. Cook until beef is tender—around 1 ½ hours.
7. Serve with crusty bread

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